



Performance TRIAD  
Plan for Nutrition



# BETTER CHOICES= BETTER RESULTS

- ➔ Replenish fluids frequently, even when you are not thirsty.
- ➔ Proper nutrition can improve your physical and mental performance.
- ➔ Choose quality carbs, lean protein, and heart-healthy fats.



**EAT RIGHT AND GET RESULTS.**

LEARN MORE ABOUT THE PERFORMANCE TRIAD:

**SLEEP**, **ACTIVITY**, AND **NUTRITION** AT [ARMYMEDICINE.MIL](https://armymedicine.mil)